

## University of Dundee

### Staying wild, inside and out

Barrable, Alexia; Barrable , Duncan; Barrable , Joe ; Barrable , Ollie ; Jindal-Snape, Divya; Murray, Chris

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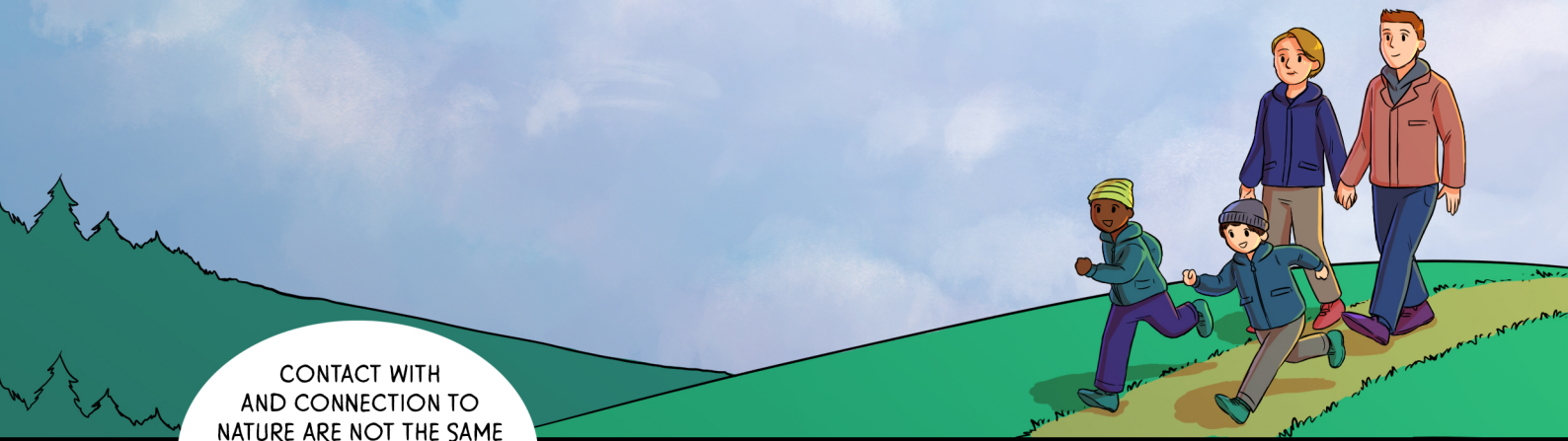
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# STAYING WILD, INSIDE AND OUT

STORY BY ALEXIA, DUNCAN, JOE AND OLLIE BARRABLE  
SCRIPT BY DIVYA JINDAL-SNAPE AND CHRIS MURRAY  
ARTWORK BY ASHLING LARKIN



CONTACT WITH  
AND CONNECTION TO  
NATURE ARE NOT THE SAME  
THING. BUT THEY'RE BOTH  
GREAT FOR OUR PHYSICAL  
AND PSYCHOLOGICAL  
HEALTH!

SINCE LOCKDOWN,  
REGULAR CONTACT WITH THE NATURAL  
WORLD HAS BECOME HARDER FOR  
MOST OF US.

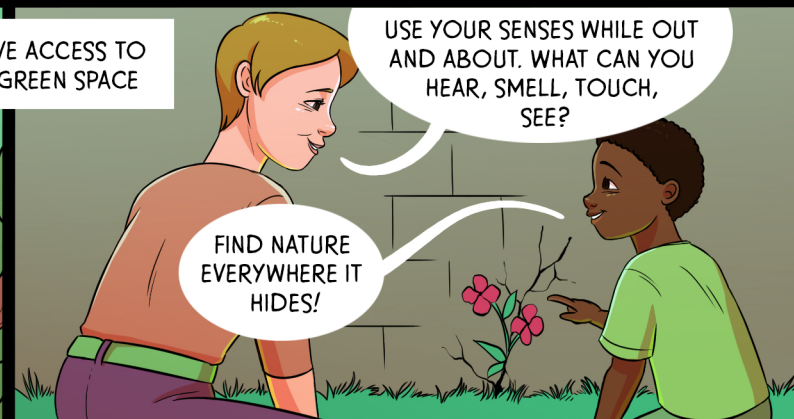
THAT DOESN'T MEAN THAT  
OUR CONNECTION HAS TO CHANGE.  
NATURE IS EVERYWHERE. AFTER ALL,  
WE ARE PART OF NATURE.

WHAT WE NEED  
TO DO IS NOTICE AND NURTURE  
THIS CONNECTION. PARENTS AND  
TEACHERS CAN HELP.



MAKE YOUR  
DAILY EXERCISE  
'GREEN'.

IF YOU HAVE ACCESS TO  
A LOCAL GREEN SPACE



USE YOUR SENSES WHILE OUT  
AND ABOUT. WHAT CAN YOU  
HEAR, SMELL, TOUCH,  
SEE?

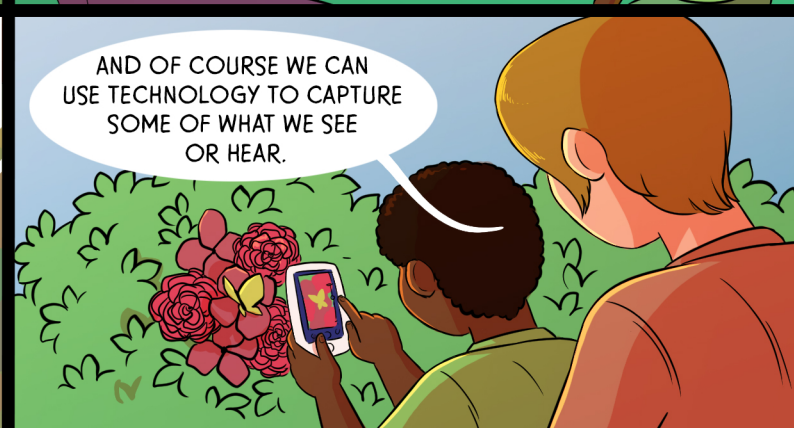
FIND NATURE  
EVERYWHERE IT  
HIDES!



YAY! OLLIE WE  
CAN USE THEM TO PLAY  
WITH. OR WE CAN PAINT  
THEM!

AND WE CAN PRESS  
THESE ONCE WE'RE BACK  
HOME, JOE!

LET'S COLLECT SOME  
STONES FOR LATER. AND  
SOME STICKS FOR OUR  
BUG HOTEL.



AND OF COURSE WE CAN  
USE TECHNOLOGY TO CAPTURE  
SOME OF WHAT WE SEE  
OR HEAR.

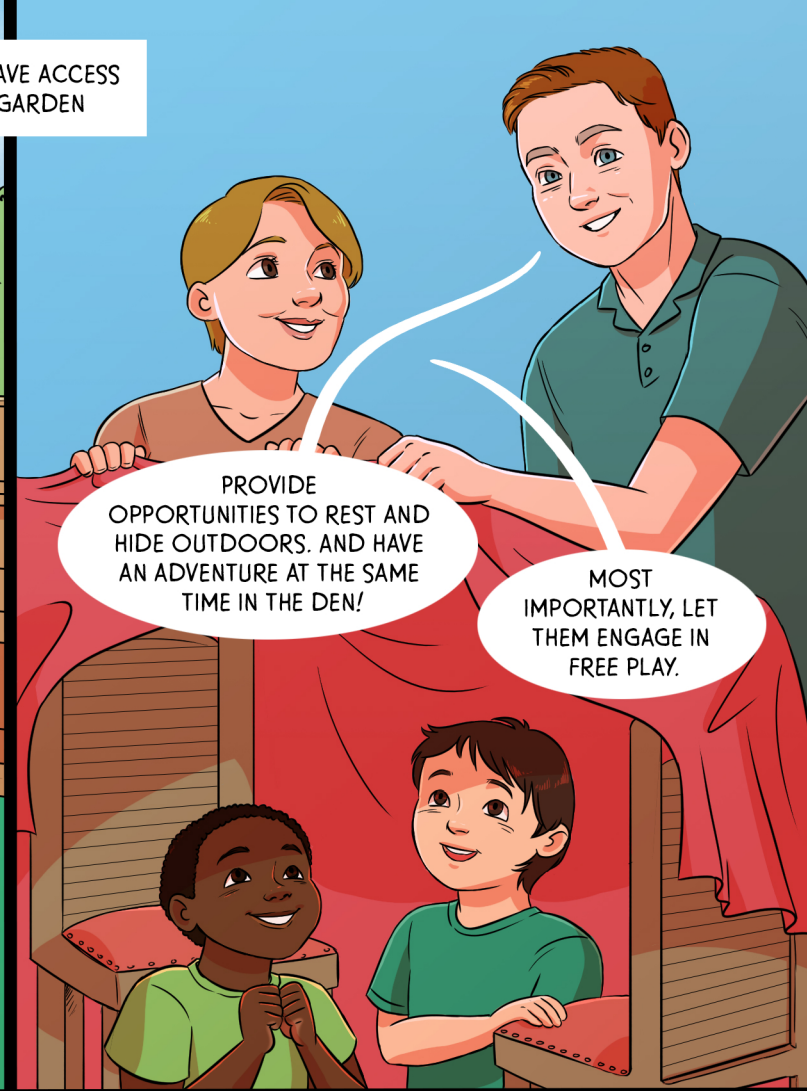


IF YOU HAVE ACCESS  
TO A GARDEN



PROVIDE  
OPPORTUNITIES TO REST AND  
HIDE OUTDOORS. AND HAVE  
AN ADVENTURE AT THE SAME  
TIME IN THE DEN!

MOST  
IMPORTANTLY, LET  
THEM ENGAGE IN  
FREE PLAY.



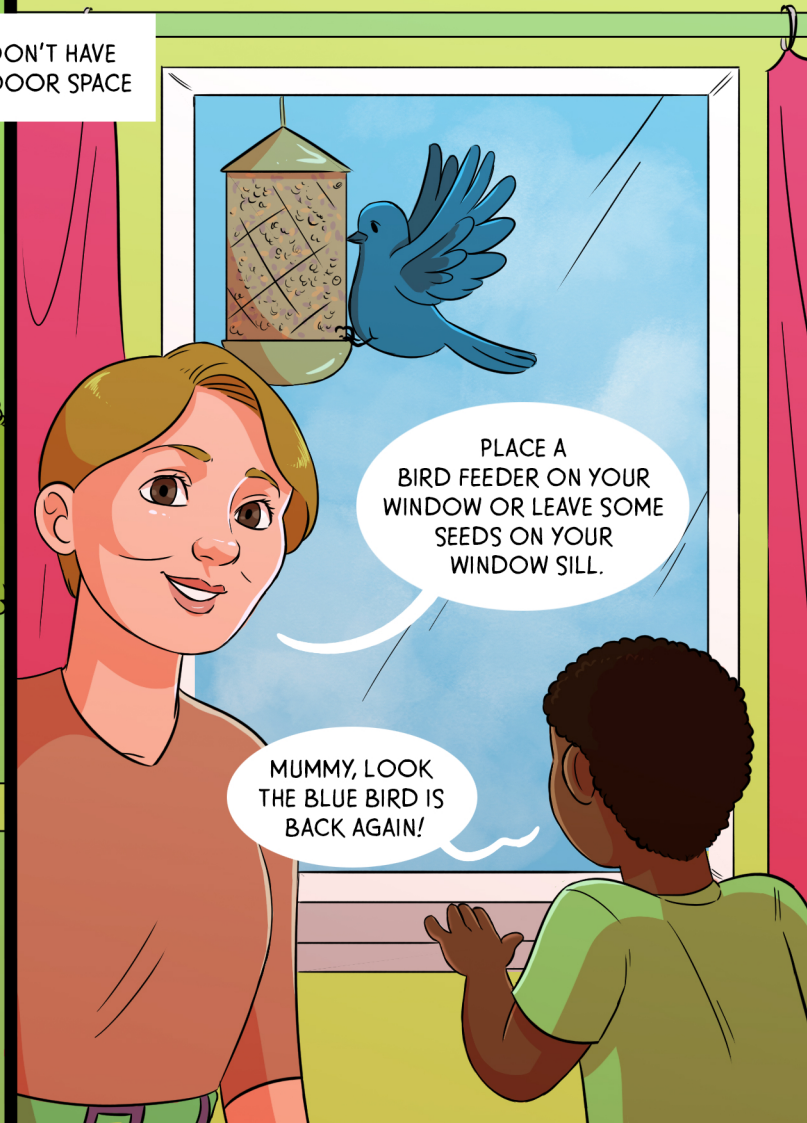
IF YOU DON'T HAVE  
ANY OUTDOOR SPACE

WE MADE THIS  
INDOOR GARDEN.  
I LOOK AFTER IT  
EVERY DAY!

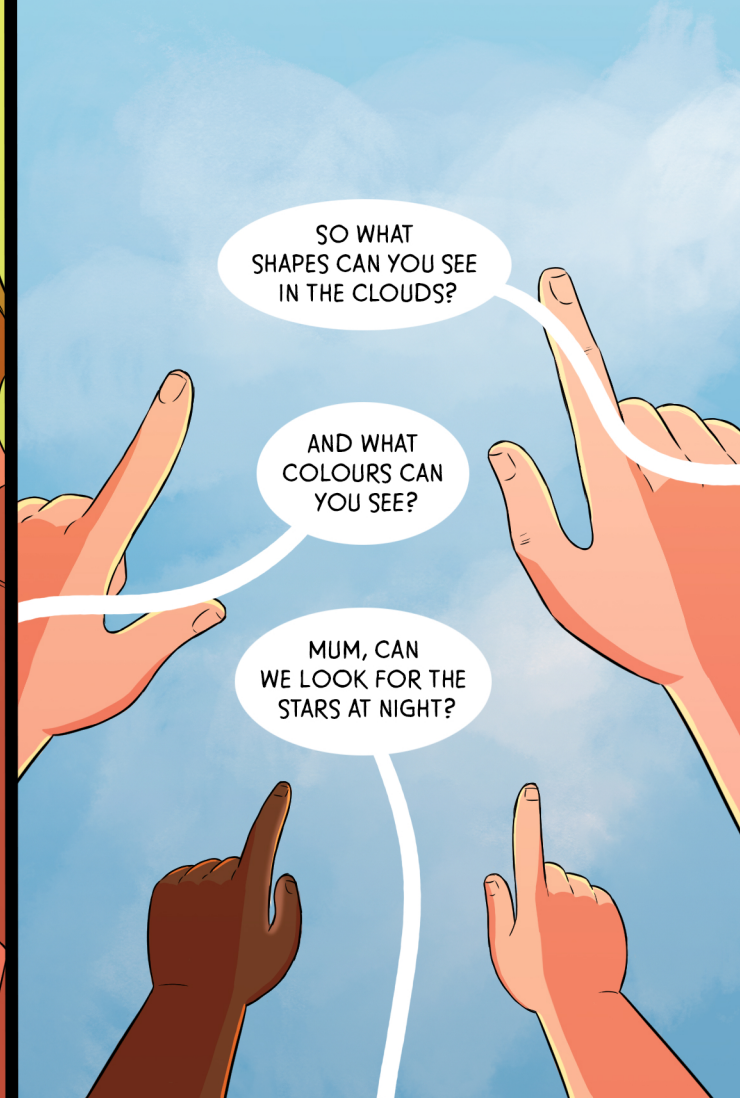
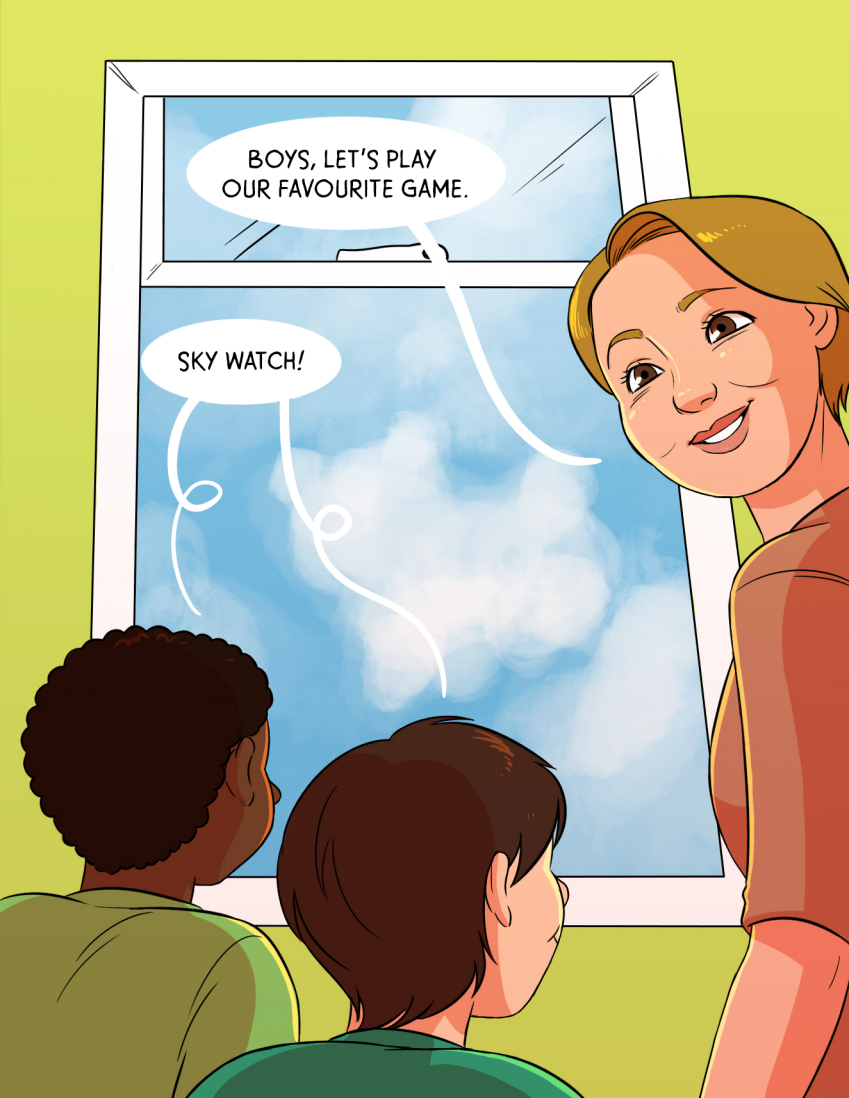


PLACE A  
BIRD FEEDER ON YOUR  
WINDOW OR LEAVE SOME  
SEEDS ON YOUR  
WINDOW SILL.

MUMMY, LOOK  
THE BLUE BIRD IS  
BACK AGAIN!







SUSTAINED CONTACT, ENGAGING WITH NATURE THROUGH ART AND PLAY, USING OUR SENSES TO OBSERVE NATURE AND LOOKING AFTER PLANTS AND ANIMALS WILL HELP US AND OUR CHILDREN STAY CONNECTED TO THE REST OF THE NATURAL WORLD!